

From the Garden Rice

Makes: 12 or 48 Servings

	12 Servings		48 Servings	
Ingredients	Weight	Measure	Weight	Measure
Rice, brown, dry		2 cups		8 cups
Asparagus, chopped		1 cup		4 cups
Baby carrots, chopped		1 1/2 cups		6 cups
Bell pepper, red or green, chopped		1/2 cup		2 cups
Squash, chopped		1 cup		4 cups
Mushrooms, sliced		1/2 cup		2 cups
Olive oil		1 Tbsp		4 Tbsp
Water, divided		3 cups		12 cups
Cooking spray		As needed		As needed

Nutrition Information	
Nutrients	Amount
Calories	145
Total Fat	1 g
Saturated Fat	N/A
Cholesterol	N/A
Sodium	24 mg
Total Carbohydrate	30 g
Dietary Fiber	2 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	3 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

Directions

1. Preheat oven to 425°F. Spray roasting pan with cooking spray.

2. Combine carrots, asparagus, peppers, squash, mushrooms and 1/2 cup of water in pan.
3. Cook for 20 minutes, stirring at 10 minutes.
4. While vegetables are cooking, make rice as directed on package.
5. Heat oil in medium-size pot. Add rice. Cook for 2 minutes, stirring occasionally.
6. Add 1 cup water. Cook until water is absorbed.
7. Add remaining water 1 cup at a time, stirring until absorbed before adding more.
8. Add vegetable mixture to rice.

Notes

Serving Tips: Combining vegetables with rice makes a quick side dish for any meal. If short on time, use a frozen vegetable mix!

Source: Improving Nutrition & Physical Activity Quality in Delaware Child Care, Team Nutrition Delaware